

MOTION BY SUPERVISOR MICHAEL D. ANTONOVICH

December 8, 2009

OUTDOOR PHYSICAL FITNESS PROGRAMS

Over the last month, employees from five different County departments have been actively participating in a physical fitness program in the County Mall area. Continuing to promote physical fitness to our employees is fundamental to keeping our employees healthy. It plays a vital role in reducing stress, preventing illness and injury, and it fosters a healthier lifestyle, both personally and professionally.

However, many employees are deterred from joining an exercise program because it is a) not close or convenient to where they work or live, b) they are not aware of any programs, or c) it is cost prohibitive. The County Mall area is a great area for outdoor physical fitness programs, and we should continue to support any programs that want to come in and offer classes for our employees. However, it requires a permit fee of \$350 per session. Currently, the County waives all fees for physical fitness and exercise programs in the basement of the Kenneth Hahn Hall of Administration.

I, THEREFORE, MOVE that the Board of Supervisors:

1. Waive all fees for physical fitness and exercise programs in the County Mall area of the Kenneth Hahn Hall of Administration; and
2. Instruct the Chief Executive Officer to promote any physical fitness programs that may be held in the County Mall area to ensure that all County employees are aware of the exercise opportunity.

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MOTION

Ridley-Thomas _____

Yaroslavsky _____

Knabe _____

Antonovich _____

Molina _____